



PARTICIPANT INFORMATION SHEET

Qualitative study on using video games in therapeutic work: clinicians perspectives

YOU WILL BE GIVEN A COPY OF THIS INFORMATION SHEET

UCL Research Committee Ethical Approval ID Number: 1502

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Introduction

You are being invited to take part in an MSc research project. Before you decide, it is important for you to understand why the research is being done and what your participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. If there is anything that is not clear or if you would like more information, please ask us. Take time to decide whether or not you wish to take part, since your participation is fully voluntary. Thank you for reading this.

Why are we doing this research?

Over the past four decades, the use of video games has grown substantially, becoming one of the most common forms of play among young people. While much public discourse has focused on the potential negative effects of gaming, an emerging body of research has begun to highlight its therapeutic potential in mental health interventions with young people.

Despite this growing interest, there remains a significant gap in the literature regarding clinicians' first-hand experiences of incorporating video games into therapeutic practice. In particular, there is a lack of in-depth qualitative research that explores how video games are used in child and adolescent therapy, and what challenges and opportunities they present.

This study aims to address this gap by capturing the insights of clinicians who integrate video games into their therapeutic work. By exploring their experiences, we hope to inform clinical practice, support reflective use of gaming in therapy, and contribute to the development of innovative, youth-relevant interventions.

More specifically, this study aims to explore how using video games in therapy might help or hinder the early stages of building trust and connection between a young person and their therapist (a positive and collaborative relationship known as therapeutic alliance).

It also looks at how video games may influence the way past experiences and feelings are repeated or played out in the relationship with the therapist (a process known as transference). For example, a young person might react to the therapist as if they were a parent or close friend from their past, bringing old feelings—positive or negative—into the present relationship.

To summarize, this study aims to discover how introducing video games facilitate or block the building up of the early stage of therapeutic relationships/transference and how introducing video games affects the dynamic of this relationship once the transference is built.

Why am I being asked to take part?

The research project aims to investigate the impact of videogames in the transference between clinicians and young people. Therefore, the current project will ask clinicians who have at least two years of experience using video games in therapy with young people, to participate. You would provide meaningful insight into the clinician's perspective on using video games with young people.

What will happen if I choose to take part?

If you do agree to take part, you will first be asked to fill in a short questionnaire that will ask you for some brief background information about yourself, including the type and length of your clinical practice and previous clinical roles you've held. This will also ensure you fit the inclusion criteria for the study. This should take around five minutes to complete.

Once completed, you will be invited to take part in an online interview that will take place via Microsoft Teams. This will take between 60 or 90 minutes and will involve asking questions

about your experiences of using video games in your work with young people. The audio and video of these sessions will be recorded, all identifiable data will be anonymised and transcripts will be created after the interview for analysis.

Please know that you are free to refrain from answering any questions. You are free to stop and withdraw from the interview at any time, in which all currently recorded data will be removed from our database. You are free to withdraw your data up to 4 weeks after collection. Withdrawal involves all your data to be deleted and removed from our database. We will not ask you to justify your withdrawal.

Could there be possible disadvantages if I take part?

For all interviews, the interview questions are carefully worded to avoid asking sensitive, embarrassing, or upsetting questions. However, during the interview, you may be asked to reflect on aspects of your clinical work, which could potentially bring up emotionally sensitive or challenging material.

Please be assured that you are not required to share anything you are uncomfortable with. You are free to skip any question or pause/stop the interview at any point without needing to give a reason.

What are the benefits of my participation?

By taking part in this research, you will be contributing to the development of a growing body of knowledge exploring the clinical applications of video gaming in therapeutic work with young people. Your insights may help inform and improve future clinical practices, particularly in relation to engaging young people in therapy through innovative and developmentally relevant mediums.

The findings of this study will be used to create accessible, evidence-based resources—such as summary leaflets—that will be disseminated to other clinicians. These materials aim to provide practical guidance and clinical insights to support the effective and ethical integration of video games into therapeutic settings. As a participant, you will receive a copy of these materials upon the completion of the project.

Participants will be given monetary compensation for participation. This is £10 per hour, or up to £20 (for 1.5 hours or more) and will be paid via bank transfer.

Your contribution plays a vital role in addressing current gaps in literature and fostering broader awareness and dialogue about using video games in therapeutic work with young people.

Your anonymized data may also be used for future research led by the project coordinator further contributing to the current field.

What will happen if something goes wrong?

If you wish to complain or have any concerns about any aspect of the way that you have been approached or treated by a researcher or member of staff, please contact Bianca Perez Renteria, the supervising researcher on this project, at bianca.perezrenteria@annafreud.org. If you then feel that your complaint has not been handled to your satisfaction, you can also contact the Chair of the UCL Research Ethics Committee at ethics@ucl.ac.uk.

What will happen to the results of the research?

The results obtained during this research will be analysed as part of a research project for MSc Early Child Development and Clinical Applications, with the aim of subsequently publishing these. Furthermore, the results may be used to help inform the creation of an informative leaflet, which will be distributed to the psychology community.

Further analyses of the anonymised data may be carried out to inform future video game research projects, led by the project coordinator.

Do I have to take part?

Participation is entirely voluntary. It is completely your decision whether or not to take part, and you are encouraged to take time to consider your involvement and discuss it with others if you wish. Choosing not to take part will not disadvantage you in any way.

If you do decide to take part, you retain the right to withdraw at any time, without needing to provide a reason. You are free to stop participation at any point. You are free to withdraw your data up to 4 weeks after data collection.

Confidentiality

As part of the research process, we request that both video and audio are enabled during the interview, meaning you will be identifiable to the research team. However, all information collected will be anonymised and treated with strict confidentiality.

The interviews will be conducted and recorded via Microsoft Teams, a secure virtual platform. Only the primary researcher, research supervisor, and project coordinator will have access to the recordings. All data will be stored securely on the Anna Freud Centre's protected database, in compliance with data protection regulations.

When transcribing the interviews, all identifying information—such as your name, workplace, and any specific dates—will be removed or anonymised. In any research outputs (e.g., presentations, publications, or educational materials), you will not be identifiable. All data will be handled in accordance with GDPR and UCL ethical guidelines.

Data protection privacy notice

The data controller for this project will be the Anna Freud Data Protection Officer. The Anna Freud Data Protection Officer provides oversight of Anna Freud activities involving the processing of personal data and can be contacted. Anna Freud Data Protection Officer: Rachel Hart, can be contacted at dpo@annafreud.org

Your personal data will be used for the purposes outlined in this notice. The categories of personal data used will be as follows: profession related questionnaire data, audio and video recordings, anonymized transcripts of interview.

The legal basis that would be used to process your personal data will be consent (Article 5(a)) and the exemption used to process your sensitive data will be for research purposes (Article 9 (j)).

Your personal data will be processed so long as it is required for the research project. We will anonymise your data and we will endeavor to minimise the processing of personal data wherever possible.

You have certain rights under data protection legislation in relation to the personal information that we hold about you. These rights apply only in particular circumstances and are subject to certain exemptions such as public interest (for example the prevention of crime). They include:

- The right to access your personal information;
- The right to rectification of your personal information;
- The right to erasure of your personal data;
- The right to restrict or object to the processing of your personal data;
- The right to object to the use of your data for direct marketing purposes;
- The right to data portability;
- Where the justification for processing is based on your consent, the right to withdraw such consent at any time; and
- The right to complain to the Information Commissioner's Office (ICO) about the use of your personal data.

If you are concerned about how your personal data is being processed, or if you would like to contact us about your rights, please contact the Anna Freud Data Protection Officer: Rachel Hart (dpo@annafreud.org)

If you remain unsatisfied, you may wish to contact the ICO. Contact details, and further details of data subject rights, are available on the ICO website at: <https://ico.org.uk/for-organisations/dataprotection-reform/overview-of-the-gdpr/individuals-rights/>

What happens next?

Please discuss the information above with others or ask the researchers if you would like more information. You can keep this information sheet to look at whenever you need to. If you decide to take part, you will need to give consent before you do the interview.

Ask questions!

You can ask any questions or tell us about any worries you have about the study. Do not hesitate to email the project principal supervisor, or researchers. If you think of a question later on, please feel free to get in touch.

If you agree for your information to be included and feel that you have been treated unfairly or would like to raise a complaint you can contact that study's Principal supervisor, Bianca Perez Renteria y Hernandez (bianca.perezrenteria@annafreud.org). Should you feel that your complaint has not been handled to your satisfaction, please contact the Chair of the UCL Research Ethics Committee (ethics@ucl.ac.uk).

Thank you for reading this information sheet and for considering taking part in this project